

Nutrition Packet

DECEMBER





Michigan Maple Salmon

INGREDIENTS*

- 4 **salmon** fillets, thawed
- Salt and pepper
- ¼ cup maple syrup
- 2 Tablespoons low-sodium soy sauce
- 2 cloves garlic, finely minced
OR ¼ teaspoon garlic powder

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

LINKS:

YouTube: <https://youtu.be/Hr1wEt1pNX4>

Facebook: <https://fb.watch/8uXw8WCCIG/>

Instagram: https://www.instagram.com/tv/CUvMXAPFa1/?utm_source=ig_web_copy_link

Download: https://itcmi-my.sharepoint.com/:v:/g/personal/mwillette_itcmi_org/EUMPBbVeJ4ZCjqvMwI8X7nUBmdzvGvaBpaKgIV8XvGhVIA?e=8xBVXe

INSTRUCTIONS

1. Wash your hands before preparing food
2. Line a rimmed baking pan with foil.
3. Place thawed salmon, skin side down on foil lined baking pan. Wash your hands after handling raw fish.
4. Sprinkle each fillet with salt and pepper
5. Mix maple syrup, soy sauce and garlic, or garlic powder together in a small bowl and pour over salmon. Place in refrigerator for 30 minutes to marinate, turning once at 15 minutes. Start preheating oven to 400° F halfway through marinating.
6. Remove pan from refrigerator, turn fish skin side down and place in preheated oven. Wash your hands after handling salmon.
7. Bake uncovered for 15-20 minutes; salmon is done when it flakes easily with a fork.

NOTES AND IDEAS:

- Salmon will need to be thawed before baking. Thaw in the refrigerator, OR in cold water OR according to package directions.
- Use real maple syrup for this recipe.
- ¼ cup maple sugar may be substituted for maple syrup.
- Make this a complete meal by adding a potato or grain and a vegetable.

Three Bean Chili (Serves 6 to 8 people)

INGREDIENTS*

- 1 Tablespoon **vegetable oil**
- 1 medium to large-sized **onion**, diced
- 1 **green** or **red bell pepper**, diced
- 2 **carrots**, finely chopped or shredded
- 2 teaspoons ground cumin
- 2 Tablespoons chili powder
- 1 pound **ground beef**, thawed
- 2 - 15.5-oz. cans **diced tomatoes**
- 2 cups water OR **tomato juice**
- 1/2 teaspoon dried oregano OR Mexican oregano
- 1 - 15.5-ounce can **pinto beans**, drained and rinsed
- 1 - 15.5-ounce can **black beans**, drained and rinsed
- 1 - 15.5-ounce can light **red kidney beans**, drained and rinsed
- Salt and black pepper

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Heat the vegetable oil in large pot or Dutch oven over medium heat. Add onions, bell pepper and carrots, cover and cook, stirring occasionally until the vegetables are soft, about 8 to 10 minutes. Add the cumin and chili powder and cook, stirring, for 1 more minute.
3. Add the ground beef; raise the heat to high and cook, stirring and breaking up the meat with a spoon, until the meat is no longer pink. This will take about 10 minutes.
4. Stir in the tomatoes, water OR tomato juice, and oregano. Bring the chili to a boil and then reduce heat to gently simmer for 30 minutes. Leave the pot partially covered, and stir about every 10 minutes.
5. Add the beans and simmer, partially covered, 20 minutes longer. Season to taste with salt and pepper.
6. Serve with shredded cheese, sour cream, chopped onions or other toppings as desired.

NOTES AND IDEAS:

- Add a can of drained **green beans** for color and another vegetable.
- A can of **tomato sauce** or **low-sodium condensed tomato soup** can be added to thicken the chili.
- A can of drained **hominy** or **whole kernel corn** would be a tasty addition to this chili.

Mastering 1-Pot Meals

1-pot meals are great for fast weeknight dinners. They contain a variety of foods, need little preparation and cleanup, and won't break your budget.

Here, you'll learn basic preparation methods for 3 popular 1-pot meals: stew, chili, and soup. Once you learn the basic 1-pot cooking method, mix and match your favorite ingredients to make other meals. Refer to recipes for exact amounts of ingredients and cooking times.

EQUIPMENT

- Measuring cups and spoons
- Cutting board
- Knife
- Measuring cups and spoons
- Large pot with lid
- Wooden spoon

HOW TO MAKE STEW

1. Cut meat or poultry into cubes. Chop washed vegetables (potatoes, carrots, onions, tomatoes, mushrooms) into small pieces. Wash fresh herbs, like parsley, thyme, bay leaf, or rosemary, or measure out dried herbs.
2. Heat cooking oil in a large pot over medium heat and add meat or poultry. Use 1 tablespoon of cooking oil for each pound of meat or poultry.
3. Sauté meat or poultry until browned on all sides. (Note: Some recipes may tell you to remove the meat and then sauté the vegetable separately for more flavor.)
4. Slowly add broth, tomato sauce and/or diced tomatoes, herbs, and any remaining vegetables to the pot with the sautéed meat and vegetables. Bring the broth to a boil.
5. Cover the pot and turn the heat to low. Simmer until meat or poultry is tender and cooked to its appropriate internal temperature, stirring occasionally. Check the recipe for the exact cooking time and number of servings.

HOW TO MAKE CHILI

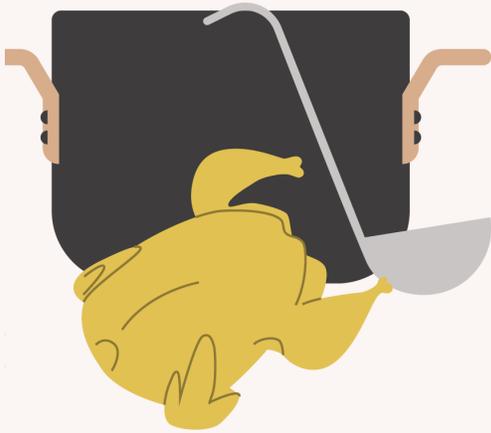
1. Heat 1 tablespoon of cooking oil in a large pot over medium-high heat.
2. Add ½ cup chopped onions and 3 minced garlic cloves and cook for several minutes until fragrant. You can also add chopped peppers at this point.
3. Add lean ground beef, chicken, or turkey to the pot. Cook about 5 minutes, stirring to crumble.
4. Stir in water, beans, tomatoes or other vegetables, and dried herbs and spices like cilantro, chili powder, cayenne pepper, cumin, and cinnamon. Bring to a boil.
5. Turn the heat to low and simmer, stirring occasionally. Cooking time can vary, depending on the recipe, from 30 minutes to 1 hour.



FREEZE FOR THE FUTURE

A benefit of 1-pot meals is that you can cook them ahead of time to freeze for future meals.

- To freeze, divide the prepared meal into small, shallow containers with well-fitting lids.
- Cover the containers tightly, label, and mark them with the date.
- 1-pot meals can be stored in the freezer and should be consumed within 2 to 3 months for the best freshness and quality. Defrost in the refrigerator overnight before reheating to a safe internal temperature of 165°F.



Mastering 1-Pot Meals

(continued)

HOW TO MAKE SOUP

1. Chop leftover cooked meat or poultry into small pieces. Select fresh or frozen vegetables, like carrots, peas, onions, cabbage, and broccoli, and (as needed) cut them into pieces about the same size as the meat or poultry. The more you use, the chunkier your soup will be.
2. Heat 1 quart chicken, vegetable, or beef broth in a large pot over medium heat until boiling.
3. Add uncooked pasta or rice to the pot. Bring to a boil, then turn heat to medium-low. Cook pasta or rice until tender (check the time on the package label).
4. Add vegetables and leftover meat. You can also add canned beans that have been rinsed and drained. Bring soup to a boil, then turn heat to low and simmer for 10 to 15 minutes.

Vitamin D



TIPS FOR GETTING MORE VITAMIN D

Have several servings of fat free (skim) or low-fat (2%) milk every day.

- All types of milk—fat-free (skim), low fat (1%), reduced-fat (2%), and whole milk—are fortified with Vitamin D.
- The words *Vitamin D* often appear in large letters on whole milk containers. However, whole milk does not have more Vitamin D than other types of milk.

If you drink soy milk, rice milk, or another nondairy milk, check the food label. Choose types fortified with Vitamin D.

Look for products (such as some cereals and 100% fruit juices) that are fortified with calcium and Vitamin D.

Aim to eat fish 2 times a week.

Choose yogurt and other dairy foods fortified with Vitamin D.

WHAT DOES VITAMIN D DO?

Vitamin D is important to bone health. It helps your body absorb calcium, which helps build healthy bones. Vitamin D is also needed for nerves to signal other parts of the body, and it plays a role in helping the immune system fight infections. It may also play a role in helping to protect against certain diseases, but more research is needed at this time.

HOW DO YOU GET VITAMIN D?

Vitamin D is found naturally in fish oil, fatty fish, organ meats, and eggs. However, people typically get most of their Vitamin D from foods that are fortified with the Vitamin, such as milk and cereal. When the skin is exposed to sunlight, your body can also make Vitamin D, but this may not be enough to meet your body's needs. Wearing sunscreen is recommended to protect your skin from harmful UV rays, but it also limits the Vitamin D your body can produce from the sun.

HOW MUCH VITAMIN D DO YOU NEED?

Average daily recommended amounts are listed below in micrograms (mcg) and International Units (IU). These amounts assume that a person is getting little sun exposure.

- 1- to 70-year-olds: 15 mcg (600 IU) Vitamin D per day (including women who are pregnant or breastfeeding)
- 70-years-old and older: 20 mcg (800 IU) Vitamin D per day

People who take certain medications (such as corticosteroids and some medications for lowering cholesterol, preventing seizures, or helping with weight loss) may need more Vitamin D.

HOW MUCH VITAMIN D IS TOO MUCH?

Too much Vitamin D can lead to high calcium levels in the blood. This increases the risk of kidney stones and may weaken bones and muscles.

To avoid these health problems, most adults should not get more than 100 mcg (4,000 IU) of Vitamin D per day from food and supplements. For children 4 to 8 years old, the daily amount of Vitamin D should not exceed 75 mcg (3,000 IU), and no more than 63 mcg (2,500 IU) per day for younger children, 1 to 3 years of age.

A higher amount of Vitamin D may be needed to treat a Vitamin D deficiency. Be sure to follow the recommendations provided by your health-care provider.

Vitamin D (continued)



FOOD	MICROGRAMS (MCG) PER SERVING	IUS PER SERVING
Cod liver oil, 1 tablespoon	34.0	1,360
Trout (rainbow), farmed, cooked, 3 ounces	16.2	645
Salmon (sockeye), cooked, 3 ounces	14.2	570
Mushrooms, white, raw, exposed to UV light, ½ cup sliced	9.2	366
Milk, reduced-fat (2%), Vitamin D fortified, 1 cup	2.9	120
Sardines (Atlantic), canned in oil, drained, 2 sardines	1.2	46
Soy, almond, and oat milks, Vitamin D fortified, various brands, 1 cup	2.5-3.6	100-144
Ready-to-eat cereal, fortified with 10% of the Daily Value for Vitamin D, 1 serving	2.0	80
Egg, 1 large, scrambled (Vitamin D is in the yolk)	1.1	44
Liver, beef, braised, 3 ounces	1.0	42
Tuna fish (light), canned in water, drained, 3 ounces	1.0	40
Cheese, cheddar, 1 ounce	0.3	12
Mushrooms, portobello, raw, ½ cup diced	0.1	4
Chicken breast, roasted, 3 ounces	0.1	4

Source: US Department of Agriculture, Agricultural Research Service. FoodData Central, 2019.

Manidoo Giizisoons – Little Spirit Moon

11TH MOON - DECEMBER

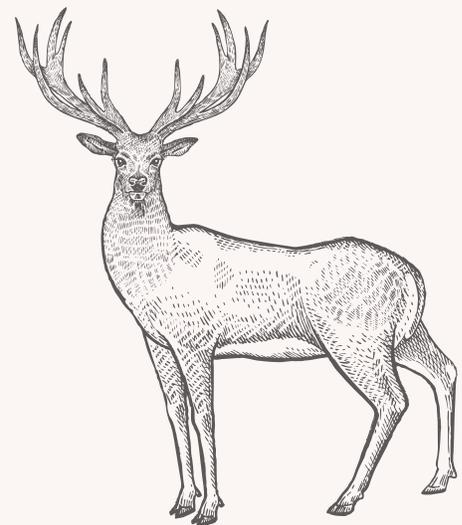
ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Biboon	Bih-boon	Winter
Manidoo Giizisoons	Mah-nih-dew-gee-zih-soons	Little Spirit Moon
Ashi bezhig	Uh-shih-bay-zhig	Eleven
Waawaashkeshi	Wah-wah-shkay-shee	Deer
Waawaasheshi wiiyaas	Was-wah-shkay-shih-wee-yas	Venison

*In the White Earth Indian Community, the 11th Moon is called Little Spirit Moon. What is the name for the 11th Moon in your community? Who would you ask to find out?

WAAWAASHKESHI (DEER) IS OUR RELATIVE

VENISON NUTRITION INFO:

- Wild harvested Venison – no additives or hormones
- High in iron – more than any other domestic red meat
- High in Vitamins B12, B6, and riboflavin (B2)- help break down proteins, fats, and carbohydrates; aid in energy production and healthy cell growth
- High in Niacin (Vitamin B3) – helps lower risk of developing osteoarthritis
- Low in calories – 4 ounces of venison is approximately 120 calories. (Pork or beef contain around 300 calories)



13 Moons of Anishinaabe Nutrition: A Nutrition Curriculum Based of Traditional Anishinaabe Foods

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